

CALIFORNIA. ~~STATE~~ BOARD OF HEALTH.

MONTHLY BULLETIN.

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No. 3

STATE BOARD OF HEALTH.

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STATE HYGIENIC LABORATORY.

ARCHIBALD R. WARD, D.V.M., *Director* .. University of California, Berkeley

STATE FOOD AND DRUG LABORATORY.

M. E. JAFFA, M.S., *Director* .. University of California, Berkeley

CANNERIES.

The consumption of canned goods is so extensive and the possibility of impure material being used so great that the State Board of Health thought it a fertile field for observation.

We have an inspector visiting the different canneries taking notes of conditions, and making regular reports to this office. He also makes suggestions for improvements, and a reasonable time will be given for the proprietors to conform to these.

If after that time no serious effort has been made to alter conditions some action will be taken, possibly by publishing the reports to the world.

It is enough to say now that many insanitary conditions are found which must be improved.

ANTITOXIN AT COST.

The attention of the local boards of health and health officers is called to the fact that 380 persons died of diphtheria in California in 1907. Most, if not all, of these could have been saved by an early administration of antitoxin; and it is equally certain that many were deterred from its use by the expense.

Fully realizing this the State Board of Health has made arrangements with the Cutter Laboratory at Berkeley to furnish local boards antitoxin for the use of indigents at the following prices:

1,000 Units	\$0 75	4,000 Units	\$2 25
2,000 Units	1 25	5,000 Units	2 75
3,000 Units	1 75		

If advantage is taken of this offer many lives can be saved to the great advantage of the State. In order to get the antitoxin promptly the local board should arrange with the doctors and druggists so that the former can certify that the patient is an indigent and the latter furnish the antitoxin immediately, charging it back to the Cutter Laboratory, which will collect the price from the local board of health or board of trustees, as arrangements have been made. Outside of incorporated towns county boards of supervisors should authorize the expenditure of money to check this terrible disease, and the use of antitoxin as a means of cure and prevention is the best procedure known.

The Cutter Laboratory is licensed by the U. S. Government and frequently inspected, and the State Health Department has also inspected it and have no hesitancy in pronouncing it equal to the best.

We sincerely hope that health officers will see to it that advantage is taken of this offer and the antitoxin freely used.

CALIFORNIA PUBLIC HEALTH ASSOCIATION.

The fall meeting of the California Public Health Association will be held either the latter part of October or the first of November in Oakland.

There will be general discussion of various subjects of interest to health officers; among them, plague, school sanitation, and duties and powers of health officers.

All health officers are members and urged to be present. Notice will be given of the date next month.

THE CENTRAL CALIFORNIA HEALTH OFFICERS' ASSOCIATION

Will hold its next meeting in Stockton, on Tuesday, October 13, 1908. The following is the program, and it is hoped that all the health officers will be present and take part:

"The Medical Examination of School Children,"

A. N. LOPER, M.D., Fresno, Cal.

"How Can We Best Avoid Typhoid Fever?"

MARY RYERSON BUTIN, M.D., Madera, Cal.

"Suicide and Alcohol,"

A. W. HOISHOLT, M.D., Stockton, Cal.

"Tuberculosis,"

GEO. C. BROWNING, M.D., Monrovia, Cal.

STATE FAIR—STATE BOARD OF HEALTH EXHIBIT.

At the State Fair which has just closed the State Board of Health made an exhibit which drew a good deal of attention. It consisted of charts showing the relative deaths from different diseases, with tuberculosis far in the lead.

Matter teaching how to avoid tuberculosis, how to recover and how not to infect others, and statistics relating to it were exhibited. There was also a pathological exhibit showing the disease as it appears in the various domestic animals and fowls.

The Pure Food Department had an elaborate exhibit of pure and adulterated foods side by side, which by general appearance could not be told apart, showing the necessity of laws which shall prevent such a dangerous deception.

Another interesting exhibit was a platter of Hamburg steak cut and ground Monday morning, and although the weather was very hot, Friday night there was no decomposition. This was accomplished by the use of a preservative which effectually prevents decomposition. It is easy to surmise what its effect would be on the digestive tract of the consumer.

The bacteriological department had a demonstrator with a microscope showing the different forms of germ life which are the cause of our most fatal diseases and instructing how to avoid them.

The Board hopes before another year to add materially to the exhibit, and finally to get it in such shape as to send it throughout the State as an educational feature.

DISEASED SQUIRRELS.

The following order has been issued by the State Board of Health and explains itself:

ORDER FORBIDDING TRANSPORTATION OF GROUND SQUIRRELS.

It has been determined that ground squirrels in different and widely separated portions of the State of California are infected with bubonic plague, a contagious and infectious disease. It has also been determined that said disease has been communicated from infected squirrels to human beings, and that there is imminent danger that said disease will be further communicated and spread in that manner.

It is, therefore, ordered that no ground squirrel, either living or dead, shall be shipped, transported or carried, or accepted or taken for shipment, transportation or carriage, within the State of California, by any public or private conveyance, unless such squirrel be enclosed in a metal or glass case, air tight, and bearing the certificate of a local or State health officer that the same is to be used for scientific purposes.

N. K. FOSTER,

Secretary of the State Board of Health.

The infection of ground squirrels is a serious menace to the lives of many people unless they recognize the danger and avoid it. The newspapers of the State, which are the great educators, should "spread the alarm to every Middlesex, village and farm."

Kill the vermin with shot and poison, but don't handle nor dig in their holes to see if they are dead. Give them a broad berth, but plenty of poison. Eating them or selling them in towns should be prohibited by local authorities.

RICHMOND.

An example of intelligent interest in the welfare of their city is shown by the trustees of the City of Richmond, Contra Costa County. This city was unfortunate last year in having two cases of plague, and although by no means wealthy, the city did good work in eradicating and instituted a telling campaign of sanitation and rat killing. Not satisfied with the plea of "no human cases," which has been so loudly sounded by some of the close neighbors, and seeing plainly that there was danger lurking in the rats and insanitary conditions, the

trustees by a unanimous vote decided to spend \$300 per month for the next twelve months.

Three hundred dollars per month for a city of 10,000 would be \$6,000 per month for one claiming 200,000. They evidently saw what is so evident to any one at all well posted, that unless the work is followed up the money already spent will have been spent largely in vain. With one infected rat left there is a certainty of an extensive re-infection in the future. We may not have human cases for a year or two, but they are almost certain to come. There is no safety except by steady work, but get a city once clean and the amount needed will be the minimum.

Long live Richmond. May she continue to grow until in size she towers as much above her neighbors as she seems to in official good sense.

PLAGUE SQUIRRELS.

A boy bitten by a ground squirrel in Los Angeles recently developed the plague, and a further examination of the squirrels in the neighborhood proves that they are infected. This shows a more extensive squirrel infection than we had expected, and adds materially to the seriousness of the situation.

With the disease demonstrated in Contra Costa and Los Angeles counties there is no reason to believe it does not exist in others, and with the close association and more or less migrating habits of the rodents it will certainly spread throughout the State unless active, persistent work be done to prevent it. The situation is too serious to be trifled with and the danger too great to be minimized.

While the danger of human cases from squirrels may not be as great as from rats, the latter will not long remain uninfected if the squirrels in the vicinity have the disease, and it is not difficult to foresee cases of plague appearing in many different parts of the State. Our only safety is in a persistent warfare on all rodents, and there is no county or municipal government in the State, no matter how remote or small, but what has a duty to perform for its constituents in the matter. The guarding of the public health is a most sacred duty, and the official who refuses or neglects it is an enemy to the community and is unworthy of trust. The fear of adverse criticism or disagreeable notoriety should not be allowed to enter into the question. The disease prevails, and denying it will only intensify the danger and make more serious the consequences. Its eradication, while difficult, is not impossible and can be accomplished if every one will do his duty, but no cheese paring policy will do. It will cost money, and in some places lots of it, but we have the satisfaction of knowing that while it is primarily a health measure, the expense will be far more than repaid by saving the terrible waste which is now accomplished by these disease bearing imps of destruction.

On one side we have inactivity with disease, terrible and sure, with the fear and dread which outsiders naturally have and which will effectually stop immigration and put a ban upon our products abroad; on the other side, active work under scientific management free from political or jealous bickerings, the eradication of a costly pest and the retention of the confidence of the world. Which shall it be?

DEPARTMENT OF VITAL STATISTICS.

GEORGE D. LESLIE, STATISTICIAN.

VITAL STATISTICS FOR AUGUST.

Births.—The living births registered in August number 2,408, against 2,497 for July. For an estimated State population of 2,019,519 the August total represents an annual birth-rate of 14.1, as compared with 14.6 for July.

The August totals were highest for the following counties: Los Angeles, 524; San Francisco, 520; Alameda, 302; Santa Clara, 115; Fresno, 81; San Bernardino, 72; San Joaquin, 71; Sacramento, 70; San Diego, 56; and Humboldt, 52.

The births registered in the leading freeholders' charter cities in August were: San Francisco, 520; Los Angeles, 368; Oakland, 155; Berkeley, 63; Sacramento, 58; San Diego and Stockton, each 46; Alameda, 42; Fresno, 35; Pasadena and San Bernardino, each 29; Eureka, 27; and San José, 25.

Marriages.—The marriages reported for August number 1,788, against 1,854 for July, and represent an annual marriage rate of 10.5, as compared with 10.8 for the preceding month.

The August totals were highest for the following counties: Los Angeles, 354; San Francisco, 282; Alameda, 196; Marin, 85; Sacramento and Santa Clara, each 73; Fresno, 63; and Orange and San Diego, each 55.

Deaths.—Altogether 2,415 deaths, exclusive of stillbirths, were reported for August, against 2,482 for July. The annual death-rate for August is 14.1, as compared with 14.5 for July.

The August death totals were highest for the following counties: San Francisco, 487; Los Angeles, 444; Alameda, 222; Santa Clara, 95; Fresno, 82; Sacramento, 80; San Joaquin, 69; San Diego, 57; and Butte, San Bernardino, and Sonoma, each 56.

Deaths for August were reported as follows for the leading cities: San Francisco, 487; Los Angeles, 263; Oakland, 108; Sacramento, 54; San Diego, 47; San José, 31; Berkeley, 28; Stockton, 27; Fresno, 26; and Alameda and Pasadena, each 25.

Causes of Death.—In August there were 312 deaths, or 12.9 per cent of all, from various forms of tuberculosis, and 307, or 12.7 per cent from diseases of the circulatory system, tuberculosis thus leading heart disease as usual.

Other notable causes of death in August were: Violence, 334; diseases of the digestive system, 293; diseases of the nervous system, 219; diseases of the respiratory system, 153; cancer, 134; Bright's disease and nephritis, 131; and epidemic diseases, also 131.

The leading epidemic diseases in August were: Typhoid fever, 60; whooping-cough, 23; diphtheria and croup, 14; malarial fever, 10; and all others, 24.

Further details appear in the following table, which gives the number of deaths from certain principal causes reported for California in August, as well as the proportions from each cause per 1,000 total deaths for both August and July:

Cause of Death.	Deaths: August.	Proportion per 1,000.	
		August.	July.
ALL CAUSES	2,415	1,000.0	1,000.0
Typhoid fever	60	24.8	16.5
Malarial fever	10	4.1	4.0
Measles	4	1.7	3.6
Scarlet fever	3	1.2	0.8
Whooping-cough	23	9.5	9.7
Diphtheria and croup	14	5.8	9.3
Influenza	1	0.4	0.8
Plague	1	0.4	0.8
Other epidemic diseases	15	6.2	4.8
Tuberculosis of lungs	264	109.3	105.2
Tuberculosis of other organs	48	19.9	18.9
Cancer	134	55.5	61.6
Other general diseases	91	37.7	45.1
Meningitis	40	16.6	11.9
Other diseases of nervous system	179	74.1	74.9
Diseases of circulatory system	307	127.1	141.4
Pneumonia and broncho-pneumonia	97	40.2	39.9
Other diseases of respiratory system	56	23.2	20.1
Diarrhea and enteritis, under 2 years	114	47.2	53.6
Diarrhea and enteritis, 2 years and over	30	12.4	10.9
Other diseases of digestive system	149	61.7	55.2
Bright's disease and nephritis	131	54.3	54.0
Childbirth	33	13.7	10.5
Diseases of early infancy	99	41.0	49.2
Suicide	55	22.8	25.4
Other violence	279	115.5	104.4
All other causes	178	73.7	64.5

Geographic Divisions.—The table below shows the number of deaths from main classes of diseases reported for August for the several geographic divisions of the State, including the metropolitan area, or "Greater San Francisco," in contrast with the rural counties north of Tehachapi:

Geographic Division.	DEATHS: AUGUST.									
	All Causes	Epidemic Diseases	Tuberculosis (All Forms)	Cancer	Diseases of Nervous System	Diseases of Circulatory System	Diseases of Respiratory System	Diseases of Digestive System	Violence	All Other Causes
THE STATE	2,415	131	312	134	219	307	153	293	334	532
Northern California	355	23	32	15	34	52	18	45	53	83
Coast counties	180	8	20	10	24	36	9	19	19	35
Interior counties	175	15	12	5	10	16	9	26	34	48
Central California	1,357	82	174	77	121	174	87	163	191	318
San Francisco	487	23	59	34	41	67	49	52	55	107
Other bay counties	300	15	40	23	29	40	13	39	26	75
Coast counties	168	6	27	6	14	23	10	17	27	38
Interior counties	432	38	48	14	37	44	15	55	83	98
Southern California	673	26	106	42	64	81	48	85	90	131
Los Angeles	444	18	71	31	39	58	36	55	49	87
Other counties	229	8	35	11	25	23	12	30	41	44
Northern and Central California	1,742	105	206	92	155	226	105	208	244	401
Metropolitan area	787	38	99	57	70	107	62	91	81	182
Rural counties	955	67	107	35	85	119	43	117	163	219

DEPARTMENT OF BACTERIOLOGY.

DR. A. R. WARD, DIRECTOR.

THE EXHIBIT AT THE STATE FAIR.

For the first time in its history, the State Hygienic Laboratory prepared an exhibit for the State Fair held at Sacramento, during the week of August 29th to September 6th. The exhibit was made, together with that sent by the Department of Pure Foods and Drugs, as an attempt to show some of the work undertaken by the State Board of Health.

In the effort to show clearly the scope of the work done by this laboratory, and the uses to which it may be put, no amount of time or thought was spared in its preparation; and to this end everything that was thought to be of any help in the general understanding of the work was included in making up the exhibit.

The display of pathological specimens, showing the various forms of tuberculosis, was unusually complete and instructive. It included several very fine specimens of avian tuberculosis, together with some equally good of the bovine and swine varieties. To complete this series, the Medical Department of the University of California very kindly loaned us some specimens of human tuberculosis. The mailing cases and "instructions for taking specimens," etc., that are used by the laboratory, were on exhibition, giving some little insight into the proper methods of sending, caring for specimens and the necessity of so doing.

Bacterial vaccines, antitoxins and serums of various kinds were also part of the exhibit; for these we are indebted to the Cutter Laboratory.

Tuberculin outfits, syringe, tuberculin, thermometers, etc., anthrax vaccines and black leg pill injectors, and other things of a like nature, were of great interest to cattlemen and ranch owners and attracted their share of attention.

The most interesting part of the exhibit, however, was the actual demonstration, by a member of our department, of the method of examining bacteria microscopically. A small worktable was fitted up with the necessary laboratory supplies, and here the methods of growing bacteria, making the stained preparations, and microscopical examinations were demonstrated. Several slides of tuberculosis and diphtheria were constantly on display and such was the interest in them that there was a constant demand to "see the germ."

Several very interesting bacterial cultures were shown here, also, giving a good idea of the habits of growth and general appearance of some of the commoner pathogenic organisms, such as typhoid, diphtheria, anthrax and plague; and also a number of non-pathogenic varieties.

The keen interest manifested in the exhibit at the State Fair was very gratifying to those who undertook the work, and we feel that something has been accomplished in increasing the general knowledge of the work done by the laboratory in connection with the diagnosis of contagious diseases.

EXAMINATIONS MADE IN AUGUST.

Total number examinations.....	92
Diphtheria	56
Typhoid	18
Tuberculosis	13
Malaria	2
Miscellaneous	3
	— 92

DEPARTMENT OF PURE FOODS AND DRUGS.

PROF. M. E. JAFFA, DIRECTOR.

THE PLEA OF IGNORANCE.

On August 22d seventy-five accusations for violations of the pure food law were before the State Board of Health for hearing. A large number of these cases involved the use of paraffin in candies. The harmful nature of this substance is well established, and its use had long been forbidden by the Federal authorities, yet all those cited to appear before the Board on this charge solemnly protested their ignorance on the subject.

The same excuse has been offered by those who are charged with mislabeling of beverages and condiments, as well as those accused of adulterating meats.

Obviously it is impossible for the department to visit or communicate with each manufacturer and give him detailed instructions as to the provisions of the law and the determinations of scientists as to the harmfulness of the various ingredients used by him. The department is always glad to furnish information upon application, but the manufacturer or dealer must do something for himself.

Our laws correspond, in all essential respects, with the Federal food and drugs laws, and the rulings of the Department of Agriculture will be followed here, where not wholly inconsistent with the judgment of the State Board of Health. Copies of our acts and regulations, and of such interpretations as have been made, may be obtained by applying to Prof. M. E. Jaffa, Director of the State Laboratory, Berkeley, California. Copies of the standards of purity proclaimed, and the decisions rendered, by the Secretary of Agriculture, may be obtained by application to him, at Washington, D. C.

A careful study of the acts, the regulations and the rulings made up to this time, will enable any manufacturer to avoid violations of the law if he desires so to do. He may not find a ruling covering just exactly the circumstances of his case, but he will find the principles so stated that he will have no trouble in selecting a safe course to pursue. The principles on which these laws are based are, that foods must not be adulterated, and that labels must speak the truth. If a manufacturer has any doubt as to whether an ingredient used is harmful, he should ascertain the fact or play safe by leaving it out. Certainly he should know whether his labels speak truthfully. If they do not, their use is forbidden.

Up to this time the Board has not seen fit, as authorized in the acts, to publish the names of manufacturers and dealers who have been found guilty of violating the pure food law. It has been thought best to postpone such action until it could be said that any one who really

desired to comply with the law had had ample opportunity to inform himself as to its requirements.

A year and a half having elapsed since the adoption of the pure food law, it is believed that all persons have had sufficient time to inform themselves and to readjust their labels and their processes of manufacture so as to comply with the law, and that there is no reason why the provisions of the act should not be fully carried out hereafter.

LABELS FALSE IN PART.

There is a disposition on the part of some manufacturers, by the juggling of words, to comply with the letter and at the same time to violate the spirit of the law. The Board will use every effort to prevent this sort of thing, and in cases where such a violation is discovered will insist upon the imposition of severe penalties. An attempted evasion of the law is a deliberate violation, and should be punished accordingly.

In this connection it may be stated as a general principle that the provisions of the act can not be evaded by printing, along with a false label, a list of the ingredients.

For example:

"BLANK'S
(Design)

COMPOUND COFFEE
COFFEE—CHICORY—CEREALS."

Such a mixture is not a coffee, nor is it a compound coffee, and can not lawfully be sold as such. It should be labeled: "Blank's Mixture: Coffee—Chicory—Cereals," or with some like combination of words.

Another instance:

"MOCHA
FLAVOR
COFFEE."

Extensive investigations have determined that the term "Mocha" may be rightfully applied only to coffee produced in that district of southern Arabia, known as "Yemen." That is, the term is legitimately used to indicate the origin of the product. "Mocha flavor" appearing on the label, at once suggests that the contents of the package is flavored with Mocha coffee, and if used in connection with a coffee that contains none, is false and misleading. If a combination has been made the flavor of which actually resembles the peculiar flavor of the Mocha, it may properly be labeled "Imitation Mocha Flavor." The same is true of the use of the words "style," "character," "brand," etc.

There can be no advantage in the use of the term "Mocha Flavor Coffee" instead of the term "Imitation Mocha Flavor Coffee," unless the effect of the former is to deceive the purchaser, and deception is just the thing that the law as to labeling is designed to prevent.

Another evasion suggested is the use of combinations of names, parts of names or the initial letters of the names of certain products as a label for a different article. This is regarded as a deliberate violation

of the act, and for the use of such labels prosecutions will be instituted. To comply with both the letter and spirit of the law is much easier than to conjure up clever evasions.

These comments are not confined to the labeling of coffees. The same principles apply equally to the labeling of all foods, and at the bottom, in every case, is the foundation principle that the label must speak the truth.

LABELING OF APPLE CIDER.

The term "cider" is properly used as to the name of a beverage consisting solely of apple juice. The purchaser of a beverage sold as or labeled "cider," or "apple cider," is therefore entitled to believe that he is buying the pure article. If foreign substances have been added, the fact must be indicated on the label. For example, if cane sugar be used, the beverage should be labeled "Apple cider with cane sugar sweetening," or "Sweetened with cane sugar"; or "Artificially sweetened." If saccharine is used, "Sweetened with saccharine," or "Artificially sweetened." If the beverage is carbonated, "Apple Cider, Carbonated," or "Carbonated Apple Cider." If it is preserved by the use of the permitted quantity of benzoic acid, the words "Contains 1-10 of one per cent, benzoate of soda," or their equivalent, must appear on the label. The use of boric or salicylic acid as a preservative is forbidden in all cases.

APPROVAL OF LABELS.

The acts do not authorize the State Board of Health, or any one connected with that Board in any capacity, to authorize or approve the use of any label. The Board, through its officers and Committee on Foods and Drugs, will furnish information as to the requirements of the acts, and will indicate its judgment as to proper interpretations; but the manufacturer or dealer must in every case assume the sole responsibility for his labels.

LABELING OF FLAVORING EXTRACTS.

Many letters regarding the matter of labeling flavoring extracts have been received at the State Laboratory. The examination of flavoring extracts sold in this State will be very shortly undertaken, and in the mean time it might not be out of place to reprint the United States Food and Inspection Decision No. 47 covering this subject.

The percentage of alcohol is not required to be stated in the case of extracts sold for the preparation of foods only. It is held, however, that extracts which are sold or used for any medicinal purpose whatever should have the percentage of alcohol stated on the label.

Numerous inquiries are received regarding the proper designation of products made in imitation of flavoring extracts or in imitation of flavors. Such products include "Imitation vanilla flavor," which is made from such products as tonka extract, coumarin, and vanillin, with or without vanilla extract. They may also include numerous preparations made from synthetic fruit ethers intended to imitate strawberry, banana, pineapple, etc. Such products should not be so designated as to convey the impression that they have any relation to the flavor prepared from the fruit. Even when it is not practicable to prepare the flavor directly from the fruit, "imitation" is a better term than "artificial."

These imitation products should not be designated by terms which indicate in any way by similarity of name that they are prepared from a natural fruit or from a standard flavor. The term "venallos," for instance, would not be a proper descriptive name for a preparation intended to imitate vanilla extract. Such products should either be designated by their true names, such as "vanilla and vanillin flavor," "vanillin and coumarin flavor," or by such terms as "imitation vanilla flavor" or "vanilla substitute."

Articles in the preparation of which such substitutes are employed should not be labeled as if they were prepared from standard flavors or from the fruits themselves. For instance, ice cream flavored with imitation strawberry flavor should not be designated as "strawberry ice cream." If sold as strawberry ice cream without a label the product would appear to be in violation of Regulation 22.

Artificial colors should be declared whenever present.

CONDENSED MILK.

The standard purity for condensed milk, as declared in Circular 19, Office of the Secretary, United States Department of Agriculture, is as follows:

Condensed milk, evaporated milk, is milk from which a considerable portion of water has been evaporated and contains not less than twenty-eight (28) per cent of milk solids of which not less than twenty-seven and five-tenths (27.5) per cent is milk fat.

This standard is also that required by the State law.

It was stated some months ago that there might possibly be some changes made in the standards for condensed or evaporated milk; but as no such changes have been announced, the standards as declared in Circular 19 are still in force. The Board of Health, therefore, feels duty bound to carry out the provisions of the law. In accordance, however, with the educational policy of the Board, this notice is issued as a word of warning to manufacturers of condensed or evaporated milk sold in the State. It is expected in the future that the samples of evaporated milk will conform to required standards of purity as above declared.